

Fall 2017

ADAPTIVE *Connect*



PACK *the* PARK

FOOD. FUN. ACTIVITIES. DOG COSTUME
CONTEST AND MUCH MORE!

SEPTEMBER 23RD, 2017

WASHOE COUNTY'S RANCHO
SAN RAFAEL REGIONAL PARK

9AM - 12PM

FREE
ADMISSION

JOIN TEAM LUXOR!

www.unr.edu/student-engagement/volunteering/Pack-The-Park
to learn more and sign up

#iLEAD
NEVADA



University of Nevada, Reno



Adaptive Connect newsletter is
made possible by

Renown[®]

HEALTH

If you have an event or activity that you would like posted in the next publication of **Adaptive Connect**, Please Contact April Wolfe at:

1301 Valley Rd, Reno, NV 89512

Phone: 775-333-7765

Fax: 775-321-8338

WolfeA@Reno.Gov

Next Deadline is October 30, 2017

INCLUSION/ADAPTIVE RECREATION STAFF

Therapeutic Recreation Specialist

April Wolfe 775-333-7765

Inclusion Coordinator

Toni Benton 775-657-4661

Behavior Specialist

William Wynn 775-657-4659

Adaptive Technician

Anthony Goulet 775-334-2262

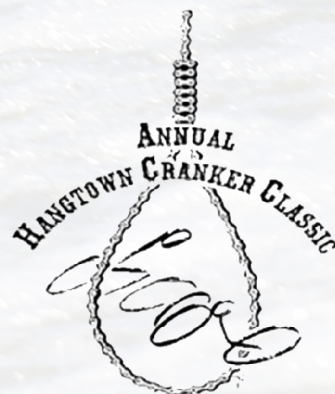
Volunteer Opportunities

Volunteers are a vital part of the City of Reno Inclusion/Adaptive Recreation program.

Volunteers will gain rewarding experiences through assisting Parks and Recreation staff with a variety of programs or providing additional support for participants. We are currently seeking volunteers for our upcoming programs!



Photo Credit: The Ability Experience—Facebook



Sixth Annual

HANGTOWN CRANKER CLASSIC

Saturday, October 14

4369 Goldcenter Dr., Placerville CA

Adults: \$20 | Children (under 14): \$15

Onsite registration opens at 8:00am

Riders choose 1, 5, 10 or 19 miles

Able-bodied wheelchair races for laughs and prizes.

Contact:

Lynn Murray ☎ (530) 295-7620 or (530) 295-3842

✉ EvelynnMurray2684@Att.Net



HIGHFIVES

NON-PROFIT ORGANIZATION



WHEELCHAIR BASKETBALL

August-April
Saturdays @ 3:30-6pm—\$35
Plumas Gym—475 Monroe St.

Are you interested in the extreme challenge of wheelchair basketball? Wheelchair basketball is a sport for everyone - people who use wheelchairs for mobility and people who don't.

WHEELCHAIR RUGBY

August-April
Thursday @ 2-5pm—\$35
Saturday @ 12-3pm—\$35

Wheelchair or Quad Rugby is a fast paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special "Rugby Wheelchairs" to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs.



REGISTRATION | SCHEDULES | INFORMATION

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✉ WolfeA@Reno.Gov

WHEELCHAIR RUGBY RENO RUMBLE TOURNAMENT

October 27-29
Plumas Gym—475 Monroe St.

Teams from the United States Quad Rugby Association (USQRA) will join the High Fives Wheelchair Rugby Team in a fun filled and competitive weekend of wheelchair rugby. For game schedules, to volunteer or for more information contact April Wolfe. Please come out and support the team!



CITY OF SPARKS PARK AND RECREATION

For the following programs call Shauna before each event to confirm dates, times and fees.

☎ 775-353-7815 ✉ ShNelon@CityofSparks.us
✉ RecInfo@CityofSparks.us

ARTS AND CRAFTS CLASS

Thursdays @ 4-5:30pm—\$5 per month
Larry D. Johnson Community Center—1200 12th St.
We've teamed up with Arts for all Nevada to provide Weekly Wonders. Participants (16 yrs. or older) will develop their artistic abilities through a variety of fun projects.

BOWLING

Wednesdays @ 2:45
Coconut Bowl—\$2 per game
Bring your friends and come out to practice your game and have a great time too. We keep track of scores to average for the Special Olympics tournaments. No pre-registration necessary.



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DANCE FOR ALL

City of Reno and City of Sparks collaborate for a new dance series for teens and adults with Special Needs.

HAUNTED HALLOWEEN DANCE

Sunday, October 22 @ 2-4pm

\$3.00 per person at the door

City of Sparks Parks & Recreation Gymnasium
98 Richards Way, Sparks

JINGLE BELL ROCK CHRISTMAS DINNER AND DANCE

Friday, December 8 @ 5-8pm

Doors open at 5pm—Purchase tickets in advance

City of Sparks Parks and Recreation Gymnasium
98 Richards Way, Sparks

\$5.00 per ticket –

ALL GUESTS WILL REQUIRE TICKETS TO ENTER
Purchase at the Sparks Recreation Office, 98 Richards Way by December 5



NOTE-ABLE MUSIC THERAPY SERVICES

Note-Able.Org

Note-Able Music Therapy Services is a nonprofit organization with a primary purpose of providing inclusive music programs and music therapy services for children and adults of all ages and disabilities. Our mission is to create lasting change in the lives of people of all abilities through music.

For more information contact Manal Toppozada at
☎ 775-324-5521.


Photo Credit: Note-Able Music Therapy Services—Facebook



CITY OF RENO PROJECT HERO

ProjectHero.Org

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.

 For our weekly ride/event schedule follow us on Facebook at [Project HERO Hub City of Reno](#)

Unveiling of TAKE ME HOME HUEY

Thursday September 28 @ 5-6 pm

Please join Nevada Arts Council board member Rylie Valdez, in collaboration with the Nevada Museum of Art, to honor our veterans and witness the healing power of art, as we welcome the *Take Me Home Huey Project* to Reno.

Partake in the unveiling of the 47-foot contemporary sculpture made from a re-purposed boneyard Huey helicopter, serial #67-17174, which was shot down with two casualties in 1969 during a Medevac mission in Vietnam.

Artist Steve Maloney partnered with Light Horse Legacy, a non-profit outreach organization supporting veterans with Post-Traumatic Stress (PTS), to create the project dedicated to the 2,709,918 Americans that served in Vietnam and never received a welcome home. It's a colorful ambassador – literally and figuratively – and a catalyst for conversations for veterans from all conflicts.

With special guests and live musical performances, we intend it to be an inspiring evening for a community in support of its veterans. Those attending are invited to stay for a light reception immediately following the ceremony.

VETERANS RESOURCE CENTERS OF AMERICA

Thursday, Oct 12, Nov 9 & Dec 14 @ 2-4pm
Evelyn Mount Northeast Community Center—
1301 Valley Rd

Do you have questions about veteran's benefits through the Department of Veterans Affairs? Do you need to apply for VA benefits? A veterans service officer can help.



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Photo Credit: Team River Runner Reno—Facebook



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TEAM RIVER RUNNER

It's time to start paddling again. Team River Runner (TRR), established in August 2004 in the Washington, DC area, is an all-volunteer organization run by kayakers. Through white water kayaking on various rivers, lakes, and the ocean, TRR promotes health, healing, and new challenges for healing

Veterans and their families. Team River Runner Reno is looking for Veterans and disabled active duty members to participate in weekly pool sessions.



Pool Schedule: Wednesday's 6-8pm (call for other times)

Contact: Tina Lemus, 775-303-2328
TeamRiverRunner.org

FIT BUT NOT FORGOTTEN

Thursday @ 5:30-6:30pm

Friday @ 10-11am

EMNECC—1301 Valley Rd.

The City of Reno is offering our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of our four classes participants will be eligible for a FREE all inclusive facility membership good for one year.



MAKE THE CONNECTION

www.MakeTheConnection.net

MAKE THE CONNECTION

MakeTheConnection.Net

Hear inspiring stories from Veterans who have dealt with personal challenges, and explore sources of support. Whether you are a Veteran or have a Veteran in your life, our website can help you learn about signs and symptoms you're concerned about, find and access local resources, and share this valuable information with your family members, friends, and community.





Photo Credit: Paralyzed Veterans of America—Facebook

Renown® REHABILITATION HOSPITAL

RENOWN REHABILITATION HOSPITAL

Renown Rehabilitation Hospital provides a full range of rehabilitation services for these conditions: brain injury, stroke/neurological diagnoses, spinal cord injury, fractures, joint replacements, multiple trauma, cancer, Parkinson's and movement disorders, heart and lung disorders, amputation, and worker's compensation injuries. At Renown, patient outcomes exceed national benchmarks, thanks to the team of rehab specialists.



ARTS FOR ALL NEVADA

Arts for All Nevada's mission is to provide quality arts opportunities for ALL focusing on children and adults who have a disability, are disadvantaged, at-risk, or under-served by the arts and is responsible for the thoughtful preservation and year-round use of the Lake Mansion as a cultural and historic site.

Contact ☎ 775-862-6100
✉ ArtsForAllNevada.org



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**Paralyzed Veterans
of America**

Nevada Chapter

NEVADA PARALYZED VETERANS OF AMERICA

NevadaPVA.org

This program is dedicated to improving the quality of life for veterans and our disabled community with spinal cord injury or dysfunction. Nevada PVA offers an active sports and recreation program for our members, and the disabled in our community. This organization sponsors programs in Northern Nevada that provides health benefits, support, opportunity and camaraderie for all involved.

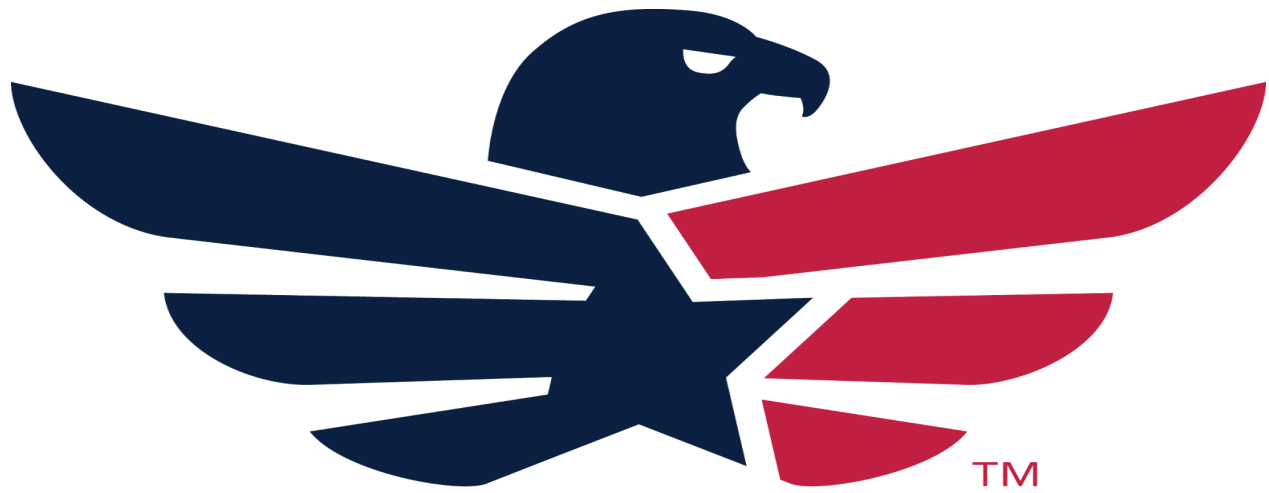
SPINAL CORD INJURY/DISEASE LUNCH & LEARN

**Third Wednesday of each month @ 11:30am-1pm
EMNECC—1301 Valley Rd.**

Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation for Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based lunches.

Photo Credit: Arts for All Nevada—Facebook





TM

TEAM
RWB

TEAMRWB.ORG

Our Mission

*Enriching the lives of
America's Veterans by
connecting to them to
their community through
physical and social
activity.*

A new chapter of Team Red, White and Blue (Team RWB) has opened in Reno! Team RWB aims to enrich veterans' lives through social and physical activities.

**Join us Every Wednesday from
6-7am for a morning run around
Idlewild Park!**

Meet at the Reno High School parking lot.

For more information or new events, go to our Instagram and Facebook pages or email:
Chapter Captain, Christopher Rosa
✉ Christopher.Rosa@TeamRWB.org

**We look forward to growing the Team RWB
community in Reno, and we hope you'll
join us for a Wednesday run!**



Follow us on social media: [TeamRWBreno](#)